

Enhanced Meal Pattern Breakfast				
	Minimum Quantities			
Meal Component	Ages 1-2	Preschool	Grades K-12	Grades 7-12
Milk (Fluid) (As a beverage, on cereal or both)	1/2 cup	3/4 cup	8 fl. oz.	8 fl. oz.
Juice/Vegetable/Fruit				
Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Select <i>one</i> serving from each of the following components or <i>two</i> from one component				
Grains/Breads				
One of the following or an equivalent combination:				
Whole grain or enriched bread	1/2 slice	1/2 slice	1 slice	1 slice
Whole grain or enriched biscuit/roll, muffin, etc.	1/2 serving	1/2 serving	1 serving	1 serving
Whole grain or enriched or fortified cereal	1/4 cup or 1/3 oz.	1/3 cup or 1/2 oz.	3/4 cup or 1 oz.	3/4 cup or 1 oz.
(if using option for grades 7-12, an additional serving of the grains/breads must be served daily)				
Meat/Meat Alternate				
Meat, poultry or fish	1/2 oz.	1/2 oz.	1 oz.	1 oz.
Cheese	1/2 oz.	1/2 oz.	1 oz.	1 oz.
Large egg	1/2	1/2	1/2	1/2
Cooked dry beans and peas	2 Tbsp.	2 Tbsp.	4 Tbsp.	4 Tbsp.
Peanut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.
Nut and/or seeds (as listed in program guidance) ¹	1/2 oz.	1/2 oz.	1 oz.	1 oz.

Enhanced Meal Pattern Lunch					
Minimum Quantities					
Meal Component	Required				Option Grades K-3
	Ages 1-2	Preschool	Grades K-6	Grades 7-12	
Milk (as a beverage)	1/4 cup (6 fl. oz.)	3/4 cup (6 fl. oz.)	1/2 pint (8 fl. oz.)	1/2 pint (8 fl. oz.)	1/2 pint (8 fl. oz.)
Meat/Meat Alternate (quantity of the edible portion as served) A serving of one of the following or a combination to give an equivalent quality: Lean meat, poultry or fish Cheese Large egg Cooked dry beans or peas Peanut butter or other nut or seed butters Yogurt The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above: Peanuts, soynuts, tree nuts or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/ meat alternate	1 oz. 1 oz. 1/2 1/4 cup 2 Tbsp. 4 oz. 1/2 oz.=50%	1 ½ oz. 1 ½ oz. ¾ 3/8 cup 3 Tbsp. 6 oz. 3/4 oz.=50%	2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 6 oz. 1 oz.=50%	2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 8 oz. 1 oz.=50%	1 1/2 oz. 1 1/2 oz. 3/4 3/8 cup 3 Tbsp. 6 oz. 3/4 oz.=50%
Vegetable/Fruit (2 different sources) 2 or more servings of vegetables or fruits or both to total	1/2 cup	1/2 cup	3/4 cup plus extra 1/2 cup over a week ¹	1 cup	3/4 cup
Grains/Breads ³ Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products or cereal grains	5 servings per week ¹ Minimum of 1/2 per day ²	8 servings per week ¹ Minimum of 1 per day ²	12 servings per week ¹ Minimum of 1 per day ²	15 servings per week ¹ Minimum of 1 per day ²	10 servings per week ¹ Minimum of 1 per day ²